



so smart. so satisfying.

Nutritional Information

### Nutrition Facts

Serving Size 1 Cup (180g)  
Servings Per Container 4

**Amount Per Serving**

**Calories** 150      Calories from Fat 22

**% Daily Value\***

**Total Fat** 3g      **5%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 9mg      **3%**

**Sodium** 900mg      **38%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 1g      **4%**

Sugars 6g

**Protein** 7g

Vitamin A 2%      •      Vitamin C 2%

Calcium 18%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

## Macaroni & Cheese

**INGREDIENTS:** WATER, COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA [MILLED WHEAT, ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), CHEESE POWDER (WHEY, CHEESE [GRANULAR AND BLUE (CULTURED MILK, SALT, ENZYMES)], REDUCED LACTOSE WHEY, MALTODEXTRIN, CREAM, WHEY PROTEIN CONCENTRATE, SALT, SODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID), NONFAT DRY MILK, MODIFIED CORN STARCH, CHEESE POWDER (CHEDDAR CHEESE [CULTURED PASTEURIZED MILK, ENZYMES], WHEY, BUTTERMILK, SALT, DISODIUM PHOSPHATE, ARTIFICIAL COLOR [FD&C YELLOW 5, YELLOW 6], LACTIC ACID), SALT.

**CONTAINS: MILK, WHEAT.**

Net Wt. 25 oz. (1 LB. 9 oz.)